

# Maryland: Burden of Chronic Diseases, 1996

## Cardiovascular Diseases

- Cardiovascular diseases were the most common cause of death in Maryland in 1996, accounting for 37% of all deaths.
- Cardiovascular diseases were responsible for 15,573 deaths.
- Ischemic heart disease accounted for 6,747 deaths, or 16% of all deaths.
- Stroke was the cause of 2,648 deaths.

## Cancer

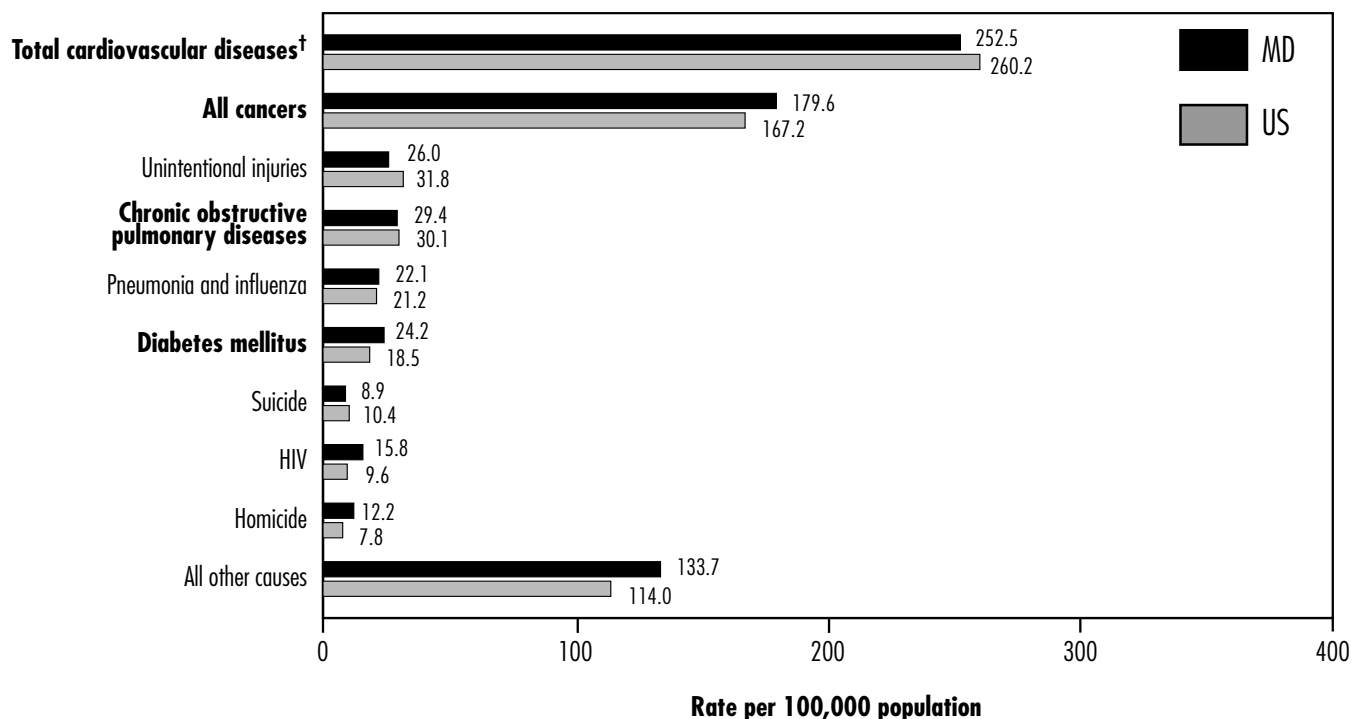
- Cancer accounted for 24% of all deaths in Maryland in 1996.
- Of all states, Maryland had the ninth highest rate of death due to all cancers, the sixth highest due to colorectal cancer, and the eighth highest rate of death due to breast cancer in women.

- The American Cancer Society estimates that 22,600 new cases of cancer will be diagnosed in Maryland in 1999, including 3,200 new cases of lung cancer, 2,600 new cases of colorectal cancer, 3,200 new cases of prostate cancer, and 3,500 new cases of breast cancer in women.
- The American Cancer Society estimates that 10,400 Maryland residents will die of cancer in 1999.

## Diabetes

- In 1996, 191,827 adults in Maryland had diagnosed diabetes.
- Of all states, Maryland had the fifth highest rate of death due to diabetes.
- Diabetes was the underlying cause of 1,413 deaths and a contributing cause of an additional 3,026 deaths.

## Causes of Death, Maryland Compared With United States, 1996\*



\*Deaths per 100,000, age adjusted to 1970 total U.S. population.

†Total cardiovascular disease rates include rates of death due to ischemic heart disease (110.4 per 100,000 in Maryland and 131.0 per 100,000 in the United States) and rates of death due to stroke (41.5 per 100,000 in Maryland and 42.0 per 100,000 in the United States).

# Maryland: Risk Factors and Preventive Services, 1997 and 1998

## Risk Factors Among Adults

- In 1998, current cigarette smoking was reported by 29% of Hispanics and 22% of whites in Maryland.
- No leisure-time physical activity was reported by 29% of Asians/Pacific Islanders, 26% of blacks, and 18% of whites.
- Seventy-five percent of men and 66% of women reported eating fewer than five servings of fruits and vegetables per day.
- According to self-reported height and weight, 69% of blacks were overweight, compared with 51% of Hispanics, 51% of whites, and 42% of Asians/Pacific Islanders.

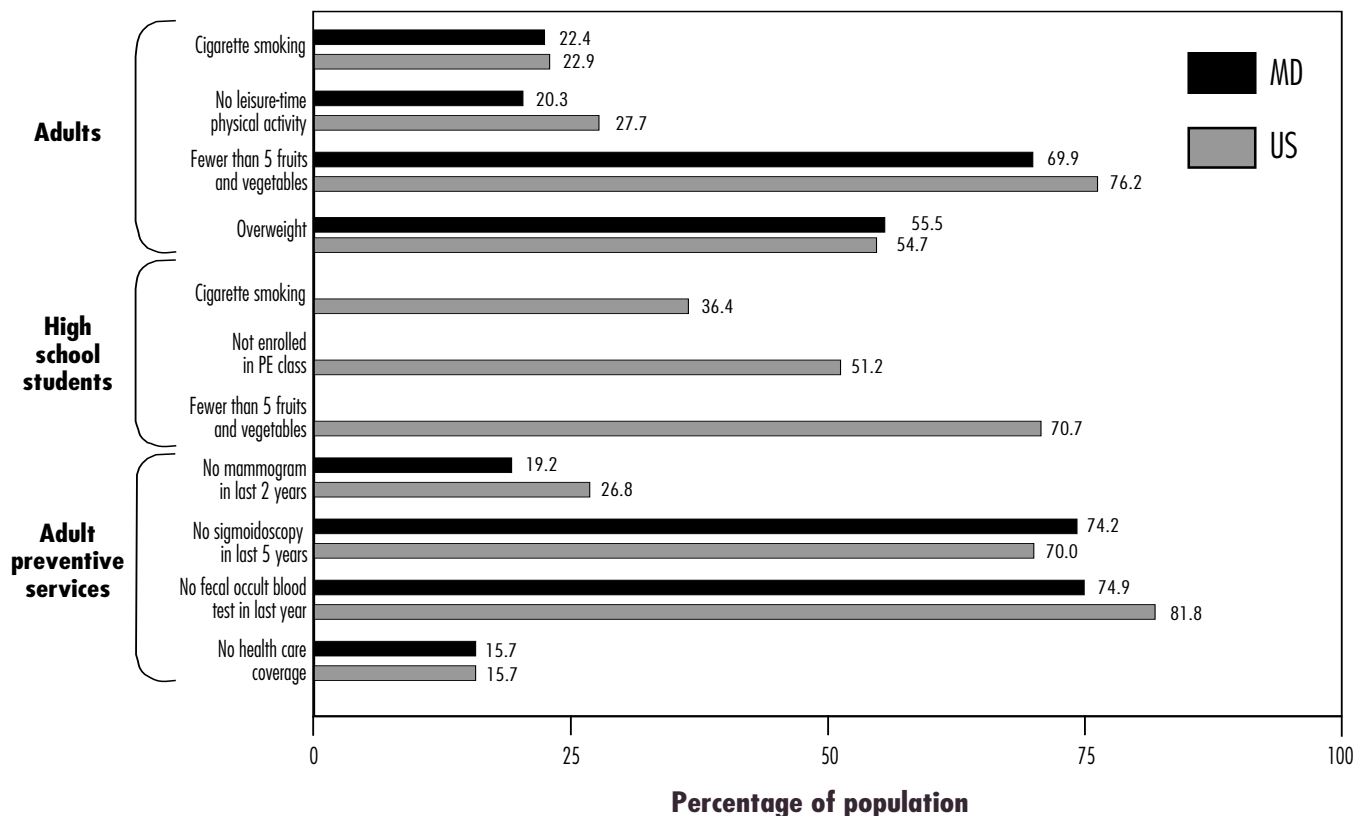
## Risk Factors Among High School Students

The 1997 YRBSS was not conducted in Maryland.

## Preventive Services

- Of women aged 50 years or older, 19% reported not having had a mammogram within the last 2 years.
- Of all states, Maryland had the tenth highest percentage of adults aged 50 years or older who reported not having had a sigmoidoscopy within the last 5 years.
- Seventy-five percent of men and women aged 50 years or older reported not having had a fecal occult blood test within the last year.
- Among adults aged 18–64 years, no health care coverage was reported by 24% of Asians/Pacific Islanders, 22% of blacks, 22% of Hispanics, and 12% of whites.

## Risk Factors and Preventive Services, Maryland Compared With United States



Source: CDC, Behavioral Risk Factor Surveillance System, 1997 and 1998.  
CDC, Youth Risk Behavior Surveillance System, 1997.